

## **WHAT IS CLAIMED IS:**

1. A weight lifting exerciser comprising:

a main frame and at least one guide rod connected to the main frame and weights being movably mounted to the at least one guide rod, a cable system  
5 having a cable having one end thereof connected to the weights and the other end of the cable reeving through pulleys connected to the main frame and connected to an end rod which is connected to a pulling handlebar, and

a cable positioning assembly mounted to the cable and connected to the end rod, the cable positioning assembly including an anti-impact member which  
10 has a passage defined longitudinally therethrough, a flexible tube securely engaged with the passage and including two enlarged end flanges extending radially from two ends of the flexible tube, the two enlarged end flanges engaged with two openings defined by the passage in the anti-impact member.

2. The exerciser as claimed in claim 1, wherein the anti-impact member  
15 includes an oval body and the flexible tube has a plurality of engaging flanges extending radially from an outer periphery thereof, the engaging flanges securely engaged an inner periphery of the passage of the anti-impact member.

3. The exerciser as claimed in claim 1, wherein the anti-impact member  
is made of Nylon.

20 4. The exerciser as claimed in claim 1, wherein the flexible tube is integrally formed with the anti-impact member.

5. The exerciser as claimed in claim 1, wherein the anti-impact member and the flexible tube are made to have different hardness.

6. The exerciser as claimed in claim 1, wherein the flexible tube is made of Polyurethane Silicone.

7. The exerciser as claimed in claim 1, wherein the flexible tube is made of Silicone.